

MODERN NATURE

CHOREO: Mike and Linde Hollenbeck, 1275 Saratoga Lane, Geneva, FL, 32732

PHONE: (407) 349-9255, EMAIL: mikelinde@bellsouth.net

MUSIC: "Modern Nature" by Sondre Lerche (Track 6 on album "Faces Down", available on Amazon)

FOOTWORK: Opposite unless noted (Woman's footwork in parenthesis)

Speed: 45rpm TIME: 3:36 Suggested Speed: 45rpm

RYTHMN: Foxtrot PHASE: III+2 (diamond turn, telemark)

SEQUENCE: INTRO -A-B-C-Bridge-A-C-Interlude- B-A-C-B(1-8)-ENDING

Introduction

1-4 OP FCG WALL WAIT 2 MEASURES;; APART POINT; PICKUP TOUCH;

1-2 wait;;

3-4 (apart point) OP fcg wall apt L, -, pt R twd ptr, -; (pickup touch) tog R trn LF, -, tch L to CP LOD, -;

Part A

1-4 FWD & RUN 2 TWICE;; 2 LEFT TURNS FC WALL;;

1-2 (forward & run 2 twice) CP LOD fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R;

2-4 (2 left turns fc wall) CP LOD fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L);

5-8 WHISK; FWD HOVER BJO; BK HOVER SCP; PICKUP;

5-6 (whisk) CP wall fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP LOD (W bk R, -, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft); (forward hover BJO) thru R, -, sd and fwd L with slight rise, rec R to BJO LOD;

7-8 (back hover SCP) bk L, -, sd & bk R with slight rise, rec L to SCP; (pickup) SCP LOD sm fwd R to CP LOD, -, sd L, cl R (W fwd L in front of M trn LF to CP, -, sd R, cl L);

9-12 DIAMOND TURN;;;

9-12 (diamond turn) Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R BJO; Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R to LOD;

Part B

1-4 PROGRESSIVE BOX;; TELEMARK SCP; HOVER FALLAWAY;

1-2 (progressive box) CP fwd L, -, sd R, cl L; fwd R, -, sd L, cl R;

3-4 (telemark SCP) Fwd L to CP comm LF trn, -, sd R cont trn, sd & fwd L (W bk R comm Lf trn, -, cl L to R for heel trn, sd & fwd R) to SCP DLW; (hov fallaway) Fwd R, fwd L w/ rise, rec bk R;

5-8 SLIP PIVOT BJO; MANEUVER; SPIN TURN; BOX FINISH;

5-6 (slip pivot) bk L, -, bk R trn LF, fwd L (W bk R piv LF, -, cont trn fwd L, bk R to BJO); (maneuver) fwd R trng RF, -, sd L, cl R to CP RLOD;

7-8 (Spin Turn) bk L trn RF, -, fwd R to LOD, rec bk L; (box finish) bk R trn 1/4 LF, -, sd L, cl R to CP DLC;

9-12 DIAMOND TURN;;;

9-12 (diamond turn) Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R BJO; Fwd L trng on DIAG,-, sd R cont trng LF, bk L BJO; Bk R trng LF,-, sd L, fwd R to LOD;

Part C

- 1-4** **1 LEFT TURN FC REV; BACK RUN 2; BACK BACK/LOCK BACK; IMPETUS SCP;**
1-2 (1 left turn) Fwd L comm LF trn, -, cont trn sd & bk R, cl L to fc RLOD; (back run 2) bk R, -, bk L, bk R;
3-4 (back back/lock back) bk L, -, bk R/XLIF, bk R to BJO DRC; (impetus SCP) bk L, comm RF trn, -, cl R cont RF heel trn, sd & fwd L SCP LOD (W fwd R, -,sd & fwd L trng RF, fwd R);

- 5-8** **MANEUVER; IMPETUS SCP; THRU VINE 4 SCP; PICKUP;**
5-6 (maneuver) fwd R trng RF, -, sd L, cl R to CP RLOD; (impetus SCP) bk L, comm RF trn, -, cl R cont RF heel trn, sd & fwd L SCP LOD (W fwd R, -,sd & fwd L trng RF, fwd R);
7-8 (thru vine 4 to SCP) XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD; (pickup) SCP LOD sm fwd R to CP LOD, -, sd L, cl R (W fwd L in front of M trn LF to CP, -, sd R, cl L);

BRIDGE

- 1-2** **BOX;;**
1-2 (box) CP LOD fwd L, -, sd R, cl L; bk R, -, sd L, cl R;

REPEAT PART A

- 1-4** **FWD & RUN 2 TWICE;; 2 LEFT TURNS FC WALL;;**
5-8 **WHISK; FWD HOVER BJO; BK HOVER SCP; PICKUP;**
9-12 **DIAMOND TURN;;;**

REPEAT PART C

- 1-4** **1 LEFT TURN FC REV; BACK RUN 2; BACK BACK/LOCK BACK; IMPETUS SCP;**
5-8 **MANEUVER; IMPETUS SCP; THRU VINE 4 SCP; PICKUP;**

INTERLUDE

- 1-4** **2 LEFT TURNS FC WALL;; BOX W/FINISH TO LOD;;**
1-2 (2 left turns fc wall) CP LOD fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L);
3-4 (box w/finish to LOD) CP LOD fwd L, -, sd R, cl L; bk R comm LF trn to LOD, -, sd L comp trn to fc LOD, cl R;

REPEAT PART B

- 1-4** **PROGRESSIVE BOX;; TELEMARK SCP; HOVER FALLAWAY;**
5-8 **SLIP PIVOT BJO; MANEUVER; SPIN TURN; BOX FINISH;**
9-12 **DIAMOND TURN;;;**

REPEAT PART A

- 1-4** **FWD & RUN 2 TWICE;; 2 LEFT TURNS FC WALL;;**
5-8 **WHISK; FWD HOVER BJO; BK HOVER SCP; PICKUP;**
9-12 **DIAMOND TURN;;;**

REPEAT PART C

1-4 1 LEFT TURN FC REV; BACK RUN 2; BACK BACK/LOCK BACK; IMPETUS SCP;
5-8 MANEUVER; IMPETUS SCP; THRU VINE 4 SCP; PICKUP;

REPEAT PART B (1-8)

1-4 PROGRESSIVE BOX;; TELEMARK SCP; HOVER FALLAWAY;
5-8 SLIP PIVOT BJO; MANEUVER; SPIN TURN; BOX FINISH;

ENDING

1-5 2 LEFT TURNS FC WALL;; BOX;; STEP APART;

1-2 (2 left turns fc wall) CP LOD fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L);
3-5 (box) CP LOD fwd L, -, sd R, cl L; bk R, -, sd L, cl R; apt L, -, -;